



Post Traumatic Growth Group

“If you want to go far, go together.” - African Proverb

Together, we can grow and move forward after experiencing trauma. Taking our lead from experts and emerging research, we'll cover topics and techniques such as: creating internal safety; setting boundaries; identifying & expressing our feelings and needs to others; rebuilding trust in relationships; as well as topics that arise from within the group.

Overall we emphasize building trust and safety within the group itself.

Fridays
12:30 - 1:30

Hope House
1306 Nipomo St
San Luis Obispo, CA
805 541-6813

Interested? Please contact either Joe or Michelle at 805-541-6813



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